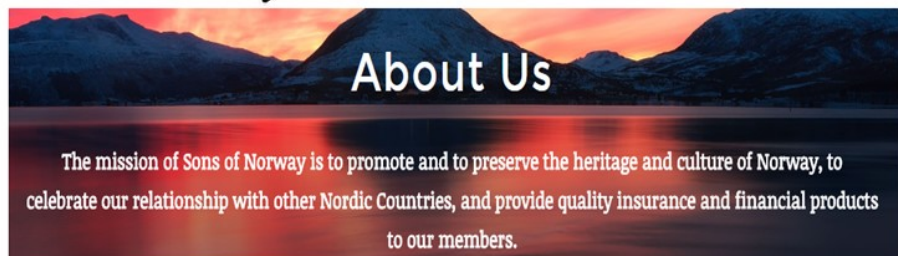




"Mountain Valley"



*Fjelldalen Lodge #6-162  
Highlands Ranch, Colorado*



## About Us

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries, and provide quality insurance and financial products to our members.

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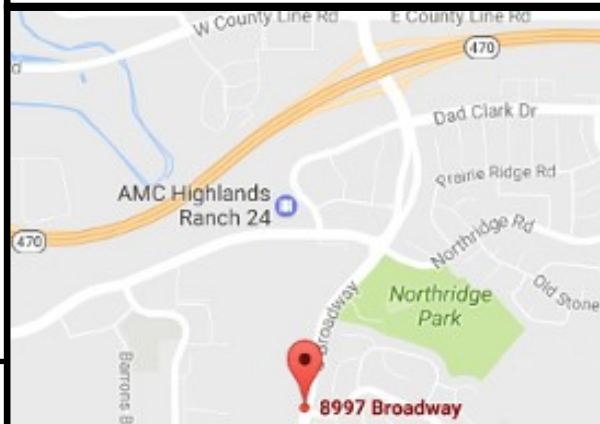
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# Fjelldalen's NYTT

Volume 24 Issue 5  
September-October 2019

Christ Lutheran Church  
8997 S. Broadway, Highlands Ranch

Get the latest information at [Fjelldalen.com](http://Fjelldalen.com)



## Coming Up

### September

7	10:00	Genealogy Club Summer Highlights Planning for Fall 6 Inger Andersdtrs
	12:00	Potluck Lunch



	1:00	Meeting Financial Planning
24	6:30	Board Meeting Lone Tree Library

### October

5	10:00	Genealogy Club Other Genealogy Sites
	1:00	Meeting Daughters of Norway
19	2:00	<b>Lutefisk and Lefse Dinner</b>
	4:30	Two settings
28	6:30	Board Meeting Lone Tree Library



# Fjelldalen Lodge #6-162 Highlands Ranch, Colorado



## *President's Message*

Dear Fjelldalen Lodge members,

It's hard to believe that summer is over but I'm looking forward to the sweet scents of Fall air and all the excitement it brings. These aromas remind me it is time for our lodge meetings to start up again and I'm so excited to see each of you again! For those of you who were able to make it to our Summer Picnic at Lloyd and Donna's, what a fun time we had! If we did not see you, know that you were missed.

Our September meeting will start with a Pot Luck at 12noon followed by our business meeting. We will be having a special Financial Planning presentation for our Cultural/Social program and I'm looking forward to it. Even if you have your future planned out, it is always good to listen in and find out if things have changed. If you don't have some plans for the future, maybe you'll hear something that will interest you. In October, I'll be doing the program. Marylee Hagen had once asked me to do a program on Daughters of Norway which my family has over a 100 year history with. I've read, and have, a student's doctoral on the Sons and Daughters of Norway that talks about the history and when they joined up – except for those lodges in the Pacific Northwest where the Daughters of Norway voted to continue to stand alone. I'll do my best to share some great, and interesting history on this with you in October.

Mark your calendars for October 19<sup>th</sup>! This is the new date of our Lutefisk and Lefse Dinner. Start spreading the word to all your friends and family. We are very happy to have the date moved out of December and really need to make some noise about the change.

Our Lodge is a group of friendly, fun and caring people who enjoy good company so bring your friends and let them enjoy with us! I look forward to seeing you soon.

Be safe, be happy, and have joy.

Fraternally,

Donita

## *The Value of Membership—Volunteering*

Sons of Norway and Fjelldalen Lodge offer many ways to volunteer and share in the culture and enjoyment of supporting others while enriching your sense of Norwegian Culture.

And . . .

### **Fjelldalen needs some Volunteers for the Lutefisk Dinner!!!**

**Friday the 18th**, we need helpers to setup after 2:00 pm.

**Saturday the 19th**, we need servers, table support and cleanup starting at 1:00 pm till after the final trash is hauled after the 4:30 seating.

**Call Marilyn Speas—303-973-2158 or Linda Ault—303-953-2516**



## *This Month's SofN Web Site Feature*

### Explore Your Heritage

Are you curious about the unique story of your family? Then get inspiration to begin exploring using our newly updated guide, **Genealogy Tips and Hints — Connecting with your family history**. This handy 10-page introduction will help you get your research off to a quick start with information about Norwegian names and places. Exclusively for Sons of Norway members, you'll find the guide online at [ww.sofn.com](http://ww.sofn.com) in the Member Resources area under genealogy.

#### Table of Contents

##### ◆ Velkommen!

##### ◆ One Member's Story

##### ◆ Tips and More

##### ◆ What is Genealogy? What is Family History?

##### ◆ A Brief Introduction to Norwegian History, Emigration, Names and Geography

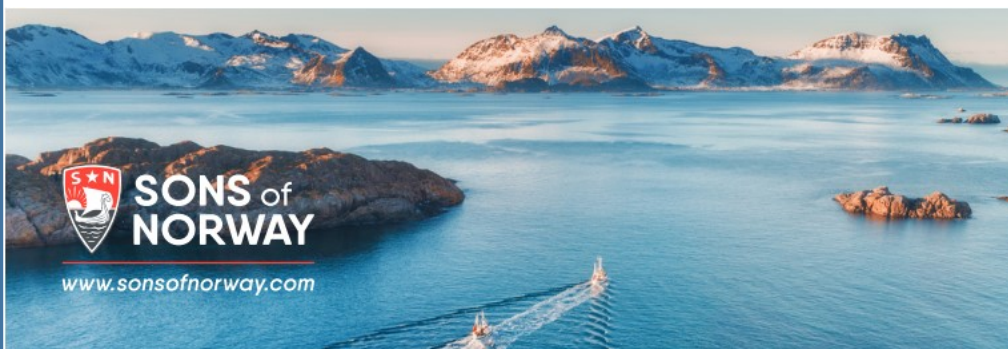
##### ◆ Changes in Society

##### ◆ Last Names

##### ◆ Geography

##### ◆ More Information and Resources

##### ◆ About Sons of Norway's Cultural Skills Program



### Birthdays:

#### September

9	Kelley Bowers
12	<i>Agnes Omholt</i>
13	Donna Herrmann
14	Janice Sheldon
22	<i>Erik Collett</i>
	<i>Erik Hjelmstad</i>
30	Merrill LeBlanc

#### October

1	Kathryn Johnson
3	Peter LeBlanc
4	Cathrine Floyd
4	<i>Robert Tollund</i>
6	Lyle Haugen
7	Rebecca Bowers
8	Gay Bossart
10	Leslie Reingold
15	Inger Jorgensen
18	Roger Dudley
19	Andrea Peterson
22	<i>Kaia Weinstein</i>
	<i>William Weinstein</i>
23	Ardis Haugen
24	Donna Newland
25	Beverly Nelson
	Marilyn Speas
28	<i>Ethan Hjelmstad</i>



*Gold* are Golden Members!  
*Red* are Life Members!  
Italics are Heritage or Unga Venner Members!

## Quick Kaffe Quiz

How much do you know about this lodge favorite?

◆ **Which country has the highest coffee consumption per capita?**

A—USA  
C—Canada

B—Norway  
D—Finland

◆ **What is “Karsk?”**

A—Scum that forms on top of coffee that has been sitting in the pot a little too long  
B—The most popular chain of coffee houses throughout Norway  
C—A Norwegian cocktail that mixes coffee and moonshine or vodka  
D—The nickname for decaf coffee in Norway

◆ **What is the origin of coffee as a popular beverage in Norway and elsewhere?**

A—Eric the Red discovered coffee plants (of course) and brought them back to Norway. His family soon cooked up a stimulating drink for cold winter days and popularized roasting the beans.  
B—Viking traders in the dark ages drank coffee on their voyages to stay warm and awake during long nights at sea. Eventually they carried it home to great acclaim, and the coffee habit spread through Europe.  
C—Centuries ago an Ethiopian goat herder noticed his animals frolicking after eating a red berry, so he tried it for himself. In the 1600s an Indian pilgrim smuggled plants out of Arabia, beginning the European coffee trade that spread to all Nordic countries.

### Answers Elsewhere

## Financial Moment

### Don't Make My Mistake

I was so proud of myself when I purchased my first life insurance policy 26 years ago. Just getting ready to tie the knot and start a life with my sweetheart, I felt the grown-up thing to do was to get life insurance. After all, my parents had supported me by co-signing the loans for my college education, so naturally I named them as my beneficiaries.

Well, the years do have a way of flying by, and both of my parents encountered health issues and passed away about ten years ago. While I still have treasured memories, I do not have them here to help me create new memories.

But in all those years, I just never gave my insurance policy another thought — and I certainly did not realize that as a bona fide adult I should be taking the time to update the beneficiaries on my certificate to reflect the changing circumstances of my life. Thank goodness my Financial Benefits Counselor took the time to review all of my finances, even those from years gone by.

Don't make my mistake; reach out to a Financial Benefits Counselor today for your free Financial Review or call Sons of Norway at 800-945-8851.

[Use Our Calculators](#)

*Kendall Kjerstad*

*Financial Benefits Counselor 605 939-1714 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)*

## Fjelldalen Travelers Report

**Send information about where you went, what you did, and photos to the Editor!!!**

### **Marylee was in Utah and Oregon.**

Utah I got to see my grandson Alex Cherry graduate from the University of Utah & help him celebrate. See photo.

My trip to Oregon was to spend time with my brother John who was in Hospice and along with my daughter clean out his apartment - so it was a sad time. Friday August 16 was his Memorial Service at Fort Logan National Cemetery in Denver. I was presented his flag - from serving in the Army in Vietnam.



### **Linda, Ed, Lise, Tony, and Teri were in Norway.**

#### **Linda wrote of her trip:**

I visited the Aalan Cheese Factory in Bostad, Norway a few weeks ago. This is a charming small family cheese farm that began in 1950 where everyone in the family participates actively in the production. There is also a dairy, farm shop and café to enjoy. Numerous cheeses are manufactured; some of them being Betaost. Himmeltind, Lofastosen, Brun Geitost and Geit-gomme. Bostad is located in Northern Lofoten.



#### **Teri wrote of their trip:**

Tony's family came from the Ringsaker District of Hedmark, near Norway's largest lake, Lake Mjøsa. We took the train north from Oslo to get there, and then we rented a car to drive through the area. Because his family had not owned land, they had always migrated from farm to farm around the lake, stopping wherever they could find work. Our surname, Hjelmstad (helmet place), comes from the name of a farm (view from Hjelmstad farm) where the family had lived only one year. His great-grandfather was born there.

Teri's deep Norwegian ancestry comes from the Sognefjord north of Bergen. We boarded a ferry from the city and glided deep into this fjord. She got a wonderful sense of the places her people had known so well. Their settlements date back to Viking times. We could imagine the sight of Viking boats sailing along the fjord.

We also visited Copenhagen and took a Baltic cruise.



# Summer Picnic



A nice turnout , a beautiful day, great food, and fun for all



Lise toasts Lloyd—the host—for a wonderful time

Donna—the hostess—makes sure Pam, Gail, Kathy, and Marilyn are enjoying themselves



Gayle, Ellen, Donita, Lise, and Agnes enjoy a time with friends and nothing that has to be done



There are many ways in which we are asked to assist our fellow human beings who are in need. Participation in the Tubfrim program is one of the more simple yet successful ways to do just that. Tubfrim is an organization in Norway that resells cancelled stamps and donates the proceeds to help children with disabilities. Sons of Norway is proud to support Tubfrim in their work to support children in need.

In 1928 Ditlef Frantzen, postmaster of the small Norwegian town of Nesbyen, got the idea to collect and market canceled stamps as a way of raising funds for the Tuberculosis Association in Norway. Within a few years, his idea caught on and many communities in Norway and beyond were collecting and sending bags of canceled stamps to Nesbyen.



When Frantzen left Nesbyen in 1943, he donated his stamp collecting institution to the Norwegian Health Service. Since tuberculosis is no longer the threat to health that it once was, today disabled and needy children receive the proceeds from the resale of the stamps. Last year Tubfrim made a profit of 520,000 Kroner (that's almost \$80,000).

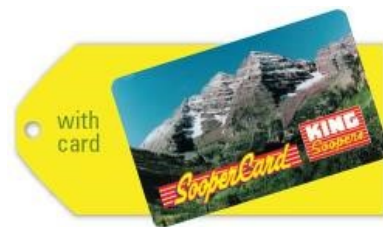
To help Tubfrim do its crucial work, simply clip canceled stamps from envelopes, leaving at least a quarter of an inch around the edge. When you have collected a pound of stamps, ask your Tubfrim chairperson or lodge secretary to weigh and verify them. Then place your stamps in a plastic bag and send it in a sturdy box to Tubfrim, 3540 Nesbyen, Norway

***OR Collect stamps and give or send to Lloyd Newland, Special Activities.***

### **Support Fjelldalen with King Soopers Community Rewards.**

The Fjelldalen gift card that you could reload will no longer works. So:

1. Go to [www.kingsoopers.com](http://www.kingsoopers.com)
2. Select Welcome Sign in (upper right)
3. Select 'My Account' from the drop-down menu, right under sign in.  
(If you don't have a King Soopers account, create one.)
4. Enter your email and password
5. Click on Community Rewards (left side)
6. Under "find an organization" enter: The code TI915. (That's capital T, capital I, numbers 915)
7. When "Sons of Norway, Fjelldalen Lodge" comes up – select Enroll
8. If you need assistance, call 800-576-4377.



**King Soopers donations account for about \$800 a year in donations to Fjelldalen.**  
**Keep up the GOOD work!**

***The Sunshine Troll*** Contact Donna Newland (303-973-8097 / aahhhco@gmail.com) and about any Member who needs some tender greetings from Fjelldalen Lodge!

Marylee Hagen fractured her pelvis and has two fractures in her lower back. She had surgery August 6th at Swedish. She is am in Center at Lincoln Rehab now - hoping to go home soon. Her daughter has been here from Utah taking care of her all summer.

Send cards and thoughts to her home.





# Fjelldalen Lodge #6-162

## Highlands Ranch, Colorado



### SPESIELLE INTERESSEGRUPPER

Fjelldalen Lodge has some special interest groups you may want to consider. We need members—and non-members—that are interested to join these groups.

If you don't see a group you're interested in contact a Board member and we'll see if there's enough interest to form a new group.

So far, we have the following Groups:

- ◆ Norsk Klasse: Social get togethers while speaking in Norse! This is an open group that will converse in Norwegian (and English) while socializing. Come together to socialize while learning and speaking Norwegian! All are invited and with any level/ability to speak.



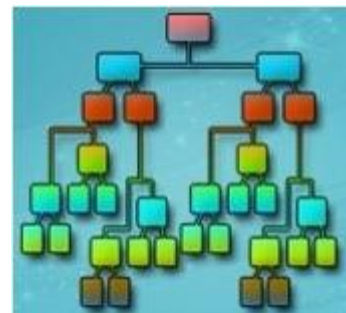
- ◆ Håndverker: Craft group get togethers. Meet to learn new crafts as well as work on your own projects and share ideas! This group needs a leader and/or someone willing to host the group.

- ◆ Koret: Literally Choir, but in this case a social folk-singing group. If you enjoy singing, want to meet-up with others, and want to learn Norwegian songs to share at lodge meetings, this is for you. Open to all levels of talent.



- ◆ Matlagings Klubb: The cooking group meets once a month and eats their results! This group meets in a volunteer's home on the afternoon of a 3rd or 4th Friday and cooks or bakes a Norwegian delicacy. Everyone brings things to go in or with the recipe and they all enjoy the companionship. Open to all levels of talent. Contact Lise—mark\_and\_lise@yahoo.com or Donita—donitanorsk@gmail.com

- ◆ Slektforskningklubb: The Genealogy group meets at the Church at 10:00 am on the morning before a lodge meeting. They look at both general genealogy and Norwegian and Scandinavian specific tools and discuss how to use and work on practical examples. Help sessions usually occur for the last half of the meeting. Contact Tony Hjelmstad—tony@norsky.net



To join a group, contact Donita or any Board member. Donita—  
donitanorsk@gmail.com

The November-December 2019 newsletter comes out the last week of October. All items for the next newsletter must be submitted by

**October 15th.**

Submit to Tony Hjelmstad at  
tony@norsky.net.



# Fjelldalen Lodge #6-162 Officers for 2019

**President:** Donita Zblewski 360-791-5858  
[donitanorsk@gmail.com](mailto:donitanorsk@gmail.com)

**Vice-President:** Crystal Sundet 720-283-8592  
[cjsun@siligrips.com](mailto:cjsun@siligrips.com)

**Secretary:** Teri Hjelmstad 303-771-1428  
[teri@norsky.net](mailto:teri@norsky.net)

**Treasurer:** Ed Eskelson 303-388-1909  
[t.noslekse@q.com](mailto:t.noslekse@q.com)

**Counselor:** Erik Collett 720-459-1812  
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**Cultural Director:**

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[mark\\_and\\_lise@yahoo.com](mailto:mark_and_lise@yahoo.com)

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**Auditor:** Guy Duncan 720-254-7594  
[rollydog15@gmail.com](mailto:rollydog15@gmail.com)

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**Greeter:** Karen Campbell 303-364-3827  
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[teri@norsky.net](mailto:teri@norsky.net)

**Cultural Skills & Sports  
Medals Awards:** Tony Hjelmstad 303-771-1428  
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**Sunshine:** Donna Newland 303-973-8097  
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**Youth & Sports  
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[rollydog15@gmail.com](mailto:rollydog15@gmail.com)  
Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)

**Extra Activities:** Dan Schauer 303-795-2255  
[bablan1@q.com](mailto:bablan1@q.com)

## DISTRICT 6 OFFICERS

**District Six President:** Luella Grangaard [president@sofn6.org](mailto:president@sofn6.org)

**International Director:** Mary Beth Ingvaldstad [internationaldirector@sofn6.org](mailto:internationaldirector@sofn6.org)

**Zone 8 Director:** Beverly (Bev) Moe 720-746-9755 [bevm259@comcast.net](mailto:bevm259@comcast.net)

**Financial Benefits Counselor:** Kendall Kjerstad 605-939-1714 [kjerstadkendall@yahoo.com](mailto:kjerstadkendall@yahoo.com)

Answers: 1: D — Finland is #1. (Norway comes in at #2, Canada is #10 and the USA is a distant #25.)

2: C — Karsk is a popular cocktail from rural Norway. 3: C — Those must have been some happy, active goats!

Sons of Norway  
Fjellidalen Lodge #6-162  
Highlands Ranch, Colorado



# Lutefisk and Lefse

## Dinner

### Hosted by Fjellidalen Lodge

#### Menu

Lutefisk  
Kjøttkaker (Meatballs)  
Lefse  
Kokte Poteter (Potatoes)  
Saus (Gravy)  
Fløtesaus (Cream Sauce)  
Erter (Peas)  
Syltet Rødbeter (Pickled Beets)  
Lingonberries  
Tyttebær (Cranberries)  
Smør (Butter)  
Risikrem  
Småkaker (Cookies)  
Kaffe (Coffee)  
Brus (Lemonade)



**Saturday, October 19, 2019**  
2 servings; 2:00 PM & 4:30 PM

**Christ Lutheran Church**  
8997 S Broadway  
Highlands Ranch, CO 80129

**Ticket Donation**  
Adults - \$20.00  
Children 12 and Under - \$10.00

**Kransekake**  
**Raffle**  
3 Tickets for \$5.00  
Or  
\$2.00 a Ticket

Please RSVP by October 17, 2019. There will be a limit of 100 per setting, so please get your reservations in early. Please fill out the form below, send it with payment to:  
**Marilyn Speas, 6392 S. Reed Way, Littleton CO 80123** or call Marilyn at (303) 973-2158 or Linda Ault (303) 953-2716.

**Tickets will be picked up at sign-in table.**

Look us up at [www.fjellidalen.com](http://www.fjellidalen.com)



**Lutefisk and Lefse Dinner, Oct 19th**



Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Check Choice of Time: 2:00 PM \_\_\_\_ or 4:30 PM \_\_\_\_

# of Adults @ \$20.00 ea. \_\_\_\_ # of Children @ \$10.00 ea. \_\_\_\_ Total Enclosed \$ \_\_\_\_\_

**RSVP by October 17, 2019**

Please make checks payable to; **Fjellidalen Lodge**